

***Shuswap Ringette Association***  
***Mentorship Program***  
(Coach-in-Training)



**Vision Statement:**

To institute a program for the development of players to become top calibre coaches for the benefit of the Shuswap Ringette Association. The program is for the betterment of individuals and the community with focus on enjoyment for all, sportsmanship, friendliness and social development.

**Assignment:**

1. Interested females, aged 13 to 18, can participate in the mentoring programme to mentor existing players as well as recruiting new players through the "Come-Try-Ringette" Program. The Mentors (Coach-in-Training) will be assigned a team and will work alongside Head Coaches of the Shuswap Ringette Association. Participation will be dependent on the number of teams in the Association.
2. One or more mentors can and may be assigned to one team.
3. There is no seniority or ranking among mentors. All mentors shall be recognized and provided equal opportunity.
4. Each mentor will be assigned a team as chosen by the Director of Coaches, the Shuswap Ringette Association and respective team Head Coaches.

**Role:** *(Roles in programme will vary upon age of candidate. Coaching Certification requires participants to be 14 years of age and older)*

5. Mentors will work alongside the Head Coach and Bench Staff and be considered as part of the Coaching Team. Coaching of the team is under the direction of the Head Coach, supported by the Director of Coaches and the Shuswap Ringette Association Board of Directors.
6. Mentor is to provide encouragement, insight and experience to the younger players throughout the Shuswap Ringette Association.
7. Be positive and supportive of Ringette, your assigned team and individuals at all times.
8. Mentors will make all efforts to attend practises; games are not required, but are recommended to attend at least home games as agreed upon with the Head Coach, and may be invited to attend tournaments at the discretion of the Head Coach.

9. Mentors will be expected to:
  - a) Attend Coaching Certification Programs, as directed by the Director of Coaches, 14 years and older only.
  - b) Utilizing skills learned in Coaching Clinics, plan and execute:
    - I. Off- ice pre warm up exercise session
    - II. Team Building Exercise
    - III. Nutrition Planning
    - IV. Skill Development
    - V. Develop and lead practise plan
    - VI. Assist with game plan and strategy
    - VII. Contribute to assessing the skill development required for individual players
10. Practise Plan development will be required for all mentors. One Practise Plan will be written and submitted to the Head Coach of assigned team.
11. The duties of mentors may be shared, recognizing mentors will have other Ringette and personal commitments.
12. Duties of mentors will extend outside of the assigned team. Mentor will be involved with the "Come-Try-Ringette" recruit new players campaign as directed by Shuswap Ringette Association, and other promotional events from time-to-time.

## **Commitment**

13. Mentors will provide a commitment to the assigned team, as well; team coaches and parents will provide a commitment to each mentor.
14. Mentors will always be under the supervision of the Team Head Coach and Assistant Coach.
15. Shuswap Ringette is committed to mentors and will provide costs of coaching clinics available. Mentors are expected to participate in clinics to the best of their ability and age.
16. Post Belle players, whom have earned the certification needed to coach can be assigned as Head Coach with the Shuswap Ringette Association.
17. Mentors will adhere to and sign the Shuswap Ringette Association Code of Conduct.
18. Mentor will inform the Head Coach of conflicts of practise, game or tournament dates.
19. Mentors will work with the Come-try-Ringette coordinators to deliver the on-ice portion of the Come-try-Ringette programme.

**Shuswap Ringette Association**  
**Mentorship Program**  
**COMMITMENT FORM**



Shuswap Ringette Association is committed to you participating in the *Shuswap Ringette Association Mentorship Program*. This commitment is recognized by the undersigned participants. The undersigned will follow guiding principles outlined the for the playing season of 2009/2010.

Name: \_\_\_\_\_ Age as of January 1st, 2010 \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone Number: \_\_\_\_\_ email: \_\_\_\_\_

I \_\_\_\_\_, am committed to perform the Assignment, Role and Commitment as outlined in the *Shuswap Ringette Association Mentorship Program*, as well as follow the Shuswap Ringette Code of Conduct, Policies and Bylaws of the Shuswap Ringette Association.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Parent / Guardian: \_\_\_\_\_

Indicate the team you would like to be placed with, mark your first choice team and an alternate:

Team	Day	Time	First Choice	Alternate
U9 (Bunny)	Tuesday	4:30-5:30		
U10 (Novice)	Tuesday	5:30-6:30		
U19 (Belle)	Tuesday	6:30-7:30		
U9 (Bunny Development)	Wednesday	2:45-3:45		
U16 (Junior)	Wednesday	7:30-8:30		
U12 (Petite)	Thursday	5:45-6:45		
U14 (Tween)	Thursday	6:45-7:45		

If you have any questions regarding the Mentorship Program, please contact Leian Allen at 250-835-8399 or email [equipment@shuswapringette.ca](mailto:equipment@shuswapringette.ca). Completed form must be handed into Leian Allen prior to October 2, 2009. You will be notified after that date which team you will be placed on.